

# Hiler & Kohlbrenner MDs

Diplomate, American Board of Surgery

3838 California St. Ste 612

PHONE: (415)666-9905

FAX: (415)666-9910

## POST OPERATIVE INSTRUCTIONS LAPAROSCOPIC CHOLECYDTECTOMY

### **ACTIVITY**

Take it easy. First 48 hours are most sore. Expect to feel tired. Short distance walking and stairs are fine. Increase your activity as comfort allows.

### **PAIN**

After laparoscopic procedures, shoulder pain is very common and do not be surprised if it occurs. Shoulders pain often resolves rapidly over 48-72 hours. Incisional pain typically lasts for up to a week, but varies in each patient. Liberal use of ibuprofen is encouraged as an alternative to narcotics unless they are contraindicated. Narcotics will be prescribed at the time of discharge. If refills are needed, please call the office during regular work hours 8am to 4pm M-F. Narcotic refills will only be given during these hours when a physician is available. If the pain does not subside or worsens over time, please contact the office anytime.

### **DIET**

Immediately after surgery, start with clear liquids and a bland diet in order to prevent nausea. Over the next several days increase your diet as long as it is tolerable.

If you have not had a bowel movement after 2 days, please start consuming high fiber products such as fresh fruit, prunes, etc... Additionally, take 1-2 tablespoons of Milk of Magnesia (available over the counter) every 6 hours on the third postoperative day if you have not had a bowel movement.

Occasionally, you may notice looser stools than prior to Cholecystectomy. This is typical after gallbladder surgery, and eventually resolves after a few weeks.

### **Wound Care**

The band-aids may be removed after 48 hours from surgery, at which time it is safe to shower. The underlying steri-strips are to remain on for 7 days total. After 7 days, it is easiest to remove them in the shower by peeling them off at the edges. The suture below is absorbable and therefore there is nothing else to remove. No baths, swimming pools, or saunas for at least 1 month after surgery.

### **WORK**

It is recommended to take at least one week off work to recover. If you need a work release form, please contact the office and provide a fax number to your work. Problems Please contact us immediately if you experience any of the following: worsening nausea/vomiting increased pain, fevers (temp>100.4), yellowness of your skin, redness or drainage from your incisions. If your think there is something wrong, please do not hesitate to call.

### **Appointment**

We will need to see you approximately 2 weeks after the day of your surgery unless otherwise specified. Please contact the office if that appointment has not previously been set.